

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- Radon Awareness Month
- Cervical Cancer Awareness Month
- National Blood Donor Month

RADON AWARENESS MONTH

Radon levels tend to be higher in winter when homes are sealed, making January ideal for testing.

Order your free Radon test today!

For Radon information resources visit the following link:
<https://www.epa.gov/radon/radon-hotlines-and-information-resources>



CERVICAL CANCER AWARENESS MONTH

Cervical Health Awareness Month, also in January is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer.

About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer. The American Cancer Society Guidelines for cervical cancer screening have recently changed; it now includes a self-collected HPV testing. For complete details on the new screening guidelines please visit:

<https://www.cancer.org/cancer/types/cervical-cancer/detection-diagnosis-staging/cervical-cancer-screening-guidelines.html>

NATIONAL BLOOD DONOR MONTH

The month of January is designated as National Blood Donor Month in the United States. Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages. National Blood Donor Month celebrates blood donor during this critical time and reminds people of the importance of donating blood.



Where to donate blood in Colorado:

- [Vitalant](#) has locations across Colorado
- [Denver Red Cross](#)
- The [American Red Cross](#) can help you find blood drives in your area
- [Children's Hospital Colorado](#) in Aurora

You can also use this [locator tool](#) from the Association for the Advancement of Blood and Biotherapies (AABB) to find a donation site that is most convenient for you.

NOROVIRUS

Norovirus is a group of viruses that causes severe vomiting and diarrhea. It's a very common illness and it's very contagious. Norovirus outbreaks usually happen seasonally in colder months. The infection is the No. 1 cause of foodborne illness in the United States. More info can be found here: <https://cdphe.colorado.gov/child-care-school-settings/norovirus>

There are precautions you can take to reduce your risk of getting norovirus which includes:

1. Washing your hands often with soap and water.
2. Washing your food before eating it (fruits and vegetables).
3. Cooking your food thoroughly (especially seafood or shellfish) at least 145 degrees Fahrenheit.
4. Avoiding contact with people who have a norovirus infection.
5. Cleaning and sanitizing frequently touched surfaces and objects.

Park County Public Health still has Covid and Flu Vaccines available. To schedule an appointment please call us at 719-838-1205.



LET'S CONNECT! PARK COUNTY PUBLIC HEALTH: 719-836-4154

Please visit www.ParkCountyCO.Gov for more information